



"KI" For Children

Special Instructions

Administering Potassium Iodide to Children

The thyroid gland in children is very sensitive to the effects of radioactive iodines. In the event of a nuclear emergency, it is important for adults to fully understand how to prepare the proper dosage for young children. The following information will help you to give KI to your children properly.

WARNING:
People who
are allergic to
iodine should
NOT take KI
tablets!

Children over 3 through 18 years of age*

For children in this age group, the dose is a **half-tablet**.



On a firm hard surface, using a sharp knife, cut the tablet in half. The tablets are marked for easy cut-ting. If the child cannot swallow pills, the half tablet can be crushed and mixed into milk or water (see below for directions).

Children over 1 month through 3 years of age**

For children in this age group, the dose is a **quarter-tablet**.

On a firm, hard surface, using a sharp knife, cut the tablet into four equal pieces (quarters). Put a quarter-tablet into a cereal bowl and crush the tablet into a fine powder using the back of a teaspoon. Add the powdered quarter-tablet to milk or water and shake thoroughly to make sure the powder mixes in. Have the child drink the mixture right away. Another option is to mix the powdered quarter-tablet with applesauce or pudding and feed to the child.



Birth through 1 month of age**

For newborns, the dose is an **eighth of a tablet**.



On a firm, hard surface, carefully crush the entire tablet to fine powder using the back of teaspoon. Be careful the spoon doesn't propel the tablet off the surface. Choose **one** of the following options:

Using a knife, divide the powder into eight equal piles. Put the powdered eighth-tablet into a baby bottle, add formula or breast milk, shake thoroughly to make sure the powdered tablet mixes in, and give bottle to the baby immediately,

Or, dip a wet finger into the powdered eighth-tablet and have baby suck the powder off the finger,

Or, crush one full tablet, add to 8 oz. of liquid, and have the baby drink 1 oz.

*Adolescents over 12 through 18 years approaching adult size (154 lbs and over) should receive the full adult dose of 1 tablet.

**According to the FDA, it is not critical to divide the tablet in exact amounts. The benefits of KI exceed the risk of overdosing, especially in children.

For more information, visit the NJ Dept. of Health & Senior Services website at www.state.nj.us/health/.

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